AGORAPHOBIA

(EXTREME ANXIETY DISORDER)

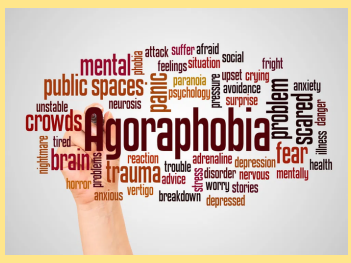
PART 1

MADE BY: LYRIC, KWAN, NORTH M.203

WHAT IS IT & DSM-V CRITERIA

- Agoraphobia is the fear of being in situations where escape might be difficult or that help wouldn't be available if things go wrong.

- Agoraphobic people tend to have avoidance behaviors.
- Have lots of fear when confronted with situations like open spaces and crowded areas in public transport.
- Recognition of the fear as disproportionate.
- An immediate anxiety response like panic attacks when exposed to the phobia stimulus.
- Symptoms recorded for at least 6 months across all age groups.
- No other conditions that may explain the symptoms.



COMMON SYMPTOMS:

- Racing heart: when your heart is beating faster than normal
- Trembling: shaking
- Feeling afraid of being alone: agoraphobics will think that something might happen and no one will be there for them
- Avoiding places that seem difficult to escape from

RISK FACTORS:

- Sharing genetics with someone with agoraphobia
- Having panic disorders
- Experiencing traumatic and stressful life events like seeing a loved one die.
- Having frequent anxious or nervous behavior
- Responding to panic attack with more fear and avoidance.

LIFE OF AN AGORAPHOBIA:

- Will try to avoid places they don't feel safe in.
- Might not want to even leave their house
- Has a safe place they will go to
- Afraid to go anywhere without a companion
- If their condition is severe enough they won't be able to go outside without a panic attack
- It's hard to make new friends because of anxiety.

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MISCONCEPTIONS:

- People with agoraphobia never leave the house.

fact: Some people who live with agoraphobia do not struggle with leaving their home, but experience difficulties in situations in which it may be difficult to escape or it would feel embarrassing to do so.

- Agoraphobia is the same as introversion.

fact: Agoraphobia is a mental health diagnosis and introversion/extroversion ratings are not. Everyone has a level of introversion or extroversion as part of their personality style.

- Agoraphobics don't go outside.

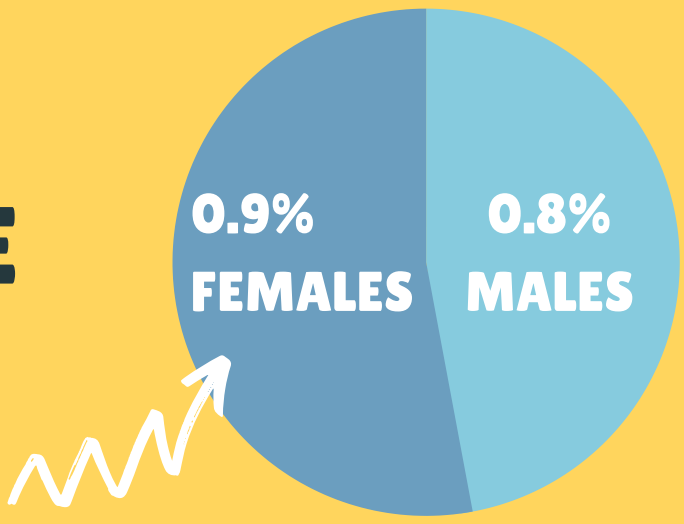
fact: Many people with this condition have no problem with being outside or in familiar locations. For people with agoraphobia who do struggle to go outside, the isolation of the condition is even more intense and limiting.

WHO?

2.4% OF PEOPLE

LIFETIME PREVALENCE OF AGORAPHOBIA.

Agoraphobia can begin in childhood, however starts in early of late of adult year; usually before 35. Agoraphobia is approximately more likely in women than men are.



The heritability of agoraphobia is 61 percent, therefore genetics is the most likely cause of someone developing disorder.

HOW TO DECREASE STIGMA?

Supporting others and focusing on the positive things on part of anyone's larger picture for decreasing stigma in their mind.

Reminding other people to choose words carefully that people who suffer from agoraphobia are not "Strange" or "Crazy people"

You can educate other people about the risk factors and symptoms of agoraphobia disorder, and remind other to be aware of attitudes and behavior when talking to agoraphobia people, should not be belittled or disrespected to them.

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